



The Yoga Sutras of Patanjali

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Charles F. Johnston

“The Yoga Sutras of Patanjali are in themselves exceedingly brief, less than ten pages of large type in the original. Yet they contain the essence of practical wisdom, set forth in admirable order and detail. The theme ... is the great regeneration, the birth of the spiritual from the psychical man ... the theme of all mystics in all lands.”

from the introduction to Book I.

Running time 04:10:05

Read by Jothi Tharavant

Cover design by Kathryn Delaney
Detail of Patanjali from an 1820 manuscript



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